



All support groups are free to anyone in the community 18 or older to attend.

**Discovery Resource Center**

506 W

**Jackman St, Lancaster, CA 93534**

**661-726-2850**

The Support can be individual or in groups, which can help individuals with life challenges and mental health struggles.



Groups with CMFY means group is run by Caring Minds For Youth Program staff

| Sun        | Mon   | Tue   | Wed   | Thurs  | Fri   | Sat |
|------------|---|---|---|--|---|-----|
|            |   | 1<br>10am: Making Connections<br>11am: Employment<br>11am: Don't Mess with Stress (CMFY)<br>1pm: Arts and Crafts  | 2<br>11am: Embrace Your Thoughts Journaling<br>12pm: Improve Your Mood<br>1pm: Arts and Crafts  | 3<br>10am: Bingo<br>12:30pm: Motivation Through Art  | 4<br>12pm: Drivers Handbook<br>2pm: Karaoke/Open Mic<br>  | 5   |
| 6          | 7<br>11am: Health and Wellness<br>1pm: Games  | 8<br>10am: Making Connections<br>11am: Employment<br>11am: Don't Mess with Stress (CMFY)<br>1pm: Arts and Crafts  | 9<br>11am: Embrace Your Thoughts Journaling<br>12pm: Improve Your Mood<br>1pm: Arts and Crafts  | 10<br>12:30pm: Motivation Through Art                | 11<br>2pm: Karaoke/Open Mic<br>                           | 12  |
| 13         | 14<br>11am: Health and Wellness               | 15<br>10am: Making Connections<br>11am: Employment<br>11am: Don't Mess with Stress (CMFY)<br>1pm: Arts and Crafts | 16<br><b>Outing to Devils Punchbowl 10am</b><br>  | 17<br>10am: Bingo<br>12:30pm: Motivation Through Art | 18<br>12pm: Drivers Handbook<br>2pm: Karaoke/Open Mic<br> | 19  |
| 20<br><br> | 21<br>11am: Health and Wellness<br>1pm: Games | 22<br>10am: Making Connections<br>11am: Employment<br>11am: Don't Mess with Stress (CMFY)<br>1pm: Arts and Crafts | 23<br>11am: Embrace Your Thoughts Journaling<br>12pm: Improve Your Mood                         | 24<br>10am: Bingo<br>12:30pm: Motivation Through Art | 25<br>2pm: Karaoke/Open Mic<br>                           | 26  |
| 27         | 28<br>11am: Health and Wellness<br>1pm: Games | 29<br>10am: Making Connections<br>11am: Employment<br>11am: Don't Mess with Stress (CMFY)<br>1pm: Arts and Crafts | 30<br>11am: Embrace Your Thoughts Journaling<br>12pm: Improve Your Mood<br>1pm: Arts and Crafts |  |   |     |